



Season's Greetings, One & All!

2022 has been a most interesting year. Fortunately, most of us have come through the pandemic unscathed or at least relatively healthy. For those of us who have suffered illness or lost loved ones, our hearts go out to you.

Cost of living issues have become a strain. Thank goodness for our pension and for the amazing 6.3% increase starting in January. That will help sustain us. Unfortunately, others are not as fortunate. This year it will be even more important to consider donating to a good cause. And if you find yourself in need, please reach out to community resources for support.

Our Holiday Gathering was held on November 30. We had about 100 members attend to celebrate the season and to enjoy wonderful fare and friendship. We raised \$3815.00 which was donated to the Brantford Brant Food Bank. Thank you to those who generously donated. It was great to see so many people out.

Our Travel Rep has been trying to organize a trip to see '*Hamilton*' but there are too many complications in ordering for a group so we won't be able to make that happen. For those who have indicated an interest, I hope many of you can go on your own to enjoy the show. Hopefully we will have some other trips in the coming months.

RTOERO post-secondary scholarship applications are now open. RTOERO will award 20 scholarships valued at \$3,000 each. You can recommend students who are enrolled in college or university programs that lead to careers in seniors' health and wellbeing, education, environmental stewardship, or that reflect a commitment to diversity, equity, or inclusion. The scholarship application deadline is **January 13, 2023**. You will find more information at rtoero.ca.

Continuous Learning is an important part of aging well. Here are three places you may find interesting information to keep you informed:

- McMaster Optimal Aging Portal mcmasteroptimalaging.org
- RTO Learning Management System [RTOERO Learning](#). You will need your RTO ID number
- Sinai Health and the University Health Network Hospitals series sinaigeriatrics.ca/healthy-ageing11.

Billiards and Coffee Gatherings were tried over the past 4 months to help engage members. Unfortunately, members didn't seem to find these as popular as we had hoped so we are not going to continue the coffee gathering unless you let me know that you would be interested at this time.

We will still try the Billiards. See your newsletter or website for details; the last Wednesday of the month at
Legends Billiards & Lounge
20 Dalhousie St, Brantford
Last Wednesday of the Month

If you have ideas for other informal gatherings, or other events, please talk to one of the Executive. We are here to provide relevant programs, political advocacy and social interactions for our members.

Cyber Security is more important than ever. OSSTF has been reaching out to let former members know about a cyber incident that occurred at the Provincial OSSTF office. If you are a former member who has not been notified or require any further information, call the toll-free number **1-877-672-4644** or email security.info@osstf.ca. You can find 'How To' webinars re cyber security at RTOERO Learning. It is well worth the time to watch them and to put some protections into place for yourself.

Men, We Need You! Our partnership project with **The Grand River Council on Aging** is underway. See the next page for how our male members can become involved. Make the call and become involved.

Celebrate the Winter Solstice. On December 21, take a moment to celebrate that the days are only going to get brighter from now on!

E-Blasts only go to members who have given us their e-mail address. If you know someone without an e-mail or who has not given one to RTOERO or updated it, please share our information with them. Thanks

References for you:

Brant 40 Website (<https://district40.rtoero.ca>)

District 40 Facebook (www.facebook.com/rtoerantdistrict40)

President Betty Anne: president.districts.rtoero.ca

Merry Christmas and Happy Holidays



Men's Shed Brantford/Brant Focus Groups

The RTOERO (Retired Teachers and Education Workers) District 40 is partnering with the Grand River Council on Aging to determine if there is interest in starting a Brantford-Brant "Men's Shed".



In a "Shed", men get together for activities like woodworking projects, music, cooking, bike repairs, and watching sports together with other armchair athletes.
Anything is possible!

Retired men are invited to attend three focus groups to discuss how a Men's Shed might be created locally.

January 27 - Explanation and Community Research Opportunities

February 24 - Research Results and Next Steps

March 31 - Feasibility Results and Recommendations

Fridays, 1:00 to 3:00 p.m.

Grand River Community Health Centre 363 Colborne Street,
Community Room C

Refreshments provided



Register by January 20, 2023
email info@grcoa.ca
or call 519-754-0777 ext. 438

